

Abstract of the Disclosure

An adjustable ramped and horizontal stretching bench device for relieving spinal and muscle conditions contributing to lower back pain. The stretching bench has a horizontal forward portion and a ramped rearward portion. The effective overall length of the stretching bench is adjustable to accommodate persons of different lengths and different relationships between body length and leg length. The angle between the forward portion and rearward portion is adjustable from zero degrees to forty-five degrees.